

**Alberta Indoor Championships Results**  
**Red Deer, March 14<sup>th</sup> 2009**

**CSG LWT Men Finalized Results**

Place, Time, Name, Avg. Pace,

- 1) 6:40.5 G Kostaras (CRC), 1:40.1 (Gold Standard)
- 2) 6:45.3 T Harding (CRC), 1:41.3 (Silver Standard)
- 3) 6:55.7 K Kremer (CRC), 1:43.9 (Bronze Standard)
- 4) 7:02.1 G Ross (CRC Nov), 1:45.5
- 5) 7:03.1 W Kennedy (CRC), 1:45.8
- 6) 7:06.4 J Lee (CRC), 1:46.6
- 7) 7:13.0 J Baller (ERC), 1:48.2
- 8) 7:14.2 F Wihak (CRC), 1:48.6
- 9) 7:19.4 C Wood (CRC), 1:49.8
- 10) 7:20.7 Z Rossall (ERC), 1:50.2
- 11) 7:22.7 T Woodward (CRC), 1:50.7
- 12) 7:24.1 J Belke (ERC), 1:51.0
- 13) 7:30.8 K Freeman (CRC), 1:52.7

**CSG OPEN MEN Finalized Results**

Place, Time, Name, Avg. Pace,

- 1) 6:26.4 S Freeman (CRC), 1:36.6 (Gold Standard)
- 2) 6:39.1 K Jones (UART), 1:39.8 (Bronze Standard)
- 3) 6:49.2 A Guran (CRC Nov), 1:42.3
- 4) 7:08.9 R Barbeau (ERC), 1:47.2

**CSG LWT WOMEN Finalized Results**

Place, Time, Name, Avg. Pace,

- 1) 8:07.4 C Szwarc (CRC), 2:01.9 (Bronze Standard)
- 2) 8:18.3 K Rollans (ERC), 2:04.6
- 3) 8:30.1 M Moe (CRC), 2:07.5
- 4) 8:40.4 B Fedor (UART), 2:10.1
- 5) 8:51.0 H Brandly (ERC), 2:12.8
- 6) 9:24.6 F Hill (CABC), 2:21.2

### **CSG OPEN WOMEN Finalized Results**

Place, Time, Name, Avg. Pace,

- 1) 7:45.1 K Ponich (UART), 1:56.3
- 2) 7:46.9 B Boehm (ERC Junior), 1:56.7
- 3) 7:48.4 A Stanko (Lakeland), 1:57.1
- 4) 7:49.5 B Szwarc (CRC), 1:57.4
- 5) 7:54.3 A Hervieux (UART), 1:58.6
- 6) 7:55.2 J McGuiness (UART), 1:58.8
- 7) 8:35.5 J Herst (ERC), 2:08.9
- 8) 8:50.3 A Seto (CRC - CSG Women), 2:12.6

### **Open Women Finalized Results**

Place, Time, Name, Avg. Pace,

- 1) 7:10.7 A Mdlung (UART), 1:47.7
- 2) 7:32.0 C Pakosh (CRC), 1:53.0
- 3) 7:38.2 C Sharpe (CRC), 1:54.6
- 4) 7:41.5 J Loutit (CRC), 1:55.4
- 5) 7:54.2 K Blom (CRC), 1:58.5
- 6) 7:57.3 R Oleksyn (CRC), 1:59.3
- 7) 8:14.4 B Breh (CRC - Nov), 2:03.6
- 8) 8:42.5 J Linsky (UART), 2:10.6
- 9) 8:47.3 L Darby (UART - Nov), 2:11.8
- 10) 8:50.3 A Seto (CRC - CSG Women), 2:12.6

### **Open Men Finalized Results**

Place, Time, Name, Avg. Pace,

- 1) 5:57.2 S Payne (UART), 1:29.3
- 2) 6:35.5 S Norman (CRC), 1:38.9
- 3) 6:36.8 R Raddatz (CRC LWT), 1:39.2
- 4) 6:50.6 N Krause (CRC), 1:42.7
- 5) 6:52.9 N Summerfeldt (UART - Novice), 1:43.2
- 6) 7:05.9 S Mawdsley (UART - Novice), 1:46.5

### **Master's Men Finalized & Age Adjusted Results**

Place (with age adjustment), Orig. Time, Adjusted Time, Name, Average Pace (of original time)

- 1) 6:52.3, 6:12.3, P Hardy (CABC), 1:43.1
- 2) 6:32.3, 6:14.3, D Mckeage (CABC), 1:38.1
- 3) 7:04.8, 6:16.8, C Rannells (ERC), 1:46.2
- 4) 7:19.7, 6:21.7, J Nesbitt (CRC), 1:49.9
- 5) 7:25.6, 6:23.6, A Nokes (CABC), 1:51.4
- 6) 7:13.5, 6:27.5, P Walsh (Lakeland), 1:48.4
- 7) 6:54.4, 6:34.4, R Weddel (CABC), 1:43.6
- 8) 7:28.8, 6:38.8, B Kennedy (CRC), 1:52.2
- 9) 6:52.9, 6:52.9, T Fleming (ERC), 1:43.2
- 10) 7:42.8, 7:04.8, E Salmon (FMRC), 1:55.7
- 11) 8:08.9, 7:26.9, R Martin (CABC), 2:02.2

### **Master's Women Finalized & Age Adjusted Results**

Place (with age adjustment), Orig. Time, Adjusted Time, Name, Average Pace (of original time)

- 1) 7:42.2, 7:22.2, C Hermansen (CRC), 1:55.5
- 2) 8:02.7, 7:40.7, L Lamont (CRC), 2:00.7
- 3) 8:10.5, 8:10.5, B Miller (CRC), 2:02.6
- 4) 8:19.6, 8:19.6, J Hetfleis (FMRC), 2:04.9
- 5) 8:59.6, 8:27.6, C Sharp (CABC), 2:14.9

### **Novice Men Finalized Results**

Place, Time, Name, Avg. Pace,

- 1) 6:42.7, P Sudol (UART), 1:40.7
- 2) 6:55.3, D Clothier (Lakeland), 1:43.8
- 3) 7:09.9, A Woldnik (UART), 1:47.5
- 4) 7:12.8, J Hogg (CRC), 1:48.2
- 5) 7:16.7, B Nielsen (UART), 1:49.2
- 6) 7:35.7, J Lin (UART - Lwt), 1:53.9

### **Novice/Junior Women Finalized Results**

Place, Time, Name, Avg. Pace,

- 1) 7:46.9, B Boehm (ERC Junior), 1:56.7
- 2) 8:04.9, K Slubik (CABC - Senior B), 2:01.2
- 3) 8:27.8, A Vrielink (CRC Junior Novice), 2:07.0
- 4) 8:39.2, M Briand (UART - Senior A), 2:09.8
- 5) 8:42.3, C Meuse (CRC Junior), 2:10.6
- 6) 8:42.7, J Bellows (CRC Junior), 2:10.7